

2025

30-DAY PILATES CHALLENGE

CLASS CALENDAR

Kickstart 2025 with 30 days of energizing, revitalizing workouts to make you shine



Challenge Goals

● GOAL #1 EX: FINISH ALL 30 WORKOUTS!

● GOAL #2

● GOAL #3

2025 30-DAY CHALLENGE

BASIC

*Click on the image for the workout! Links will be live when program launches on January 1st

1



CLASSICFIT PROGRESSION 1

2



ATHLETIC STABILITY

3



PILATES FORM 1 OF 5

4



MISTAKES THAT BUILD TENSION

5



AWAKENING MAT

6



BACK TO BASICS: MAT

7



PRE-PILATES WITH SONJE

8



CLASSICFIT PROGRESSION 2

9



EASE YOUR BACK

10



PILATES FORM 2 OF 5

11



CORE CONNECT

12



EASE & MOBILITY

13



MAT FROM SCRATCH - AB

14



QUIET MAT CLASS 1 OF 2

15



ANDIAMO MAT

16



THE MEN'S MAT

17



PILATES FORM 3 OF 5

18



CORE EXTEND

19



SUNRISE STRETCH

20



TRUE HEALTH MAT

21



EVENING WIND DOWN

22



TALLEST YOU MAT

23



BEGINNER PROGRESSION 5

24



ON THE ROAD TO INTERMEDIATE

25



PILATES FORM 4 OF 5

26



DAILY MAT WITH CHRIS

27



STRETCH & RELAX MAT

28



DECOMPRESS YOUR SPINE 2

29



FREE PLAY FLOW MAT

30



PILATES FORM 5 OF 5

2025 30-DAY CHALLENGE

INTERMEDIATE

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1



GLOW & GO MAT

2



CORE STRENGTH

3



CORE CRUSH MAT

4



GET INTO YOUR BODY MAT

5



BRILLIANT BUTTOCKS

6



7 MINUTES IN HEAVEN

7



6 STEP CLASSICALMAT - 3

8



STAND UP NO HANDS WORKOUT

9



CORE WITH WEIGHTS

10



ENERGY BOOST FLOW

11



STANDING PILATES BALANCE

12



ALOHA TOWEL MAT

13



TRANSFER OF POWER MAT

14



6 STEP CLASSICAL MAT - 4

15



5 MINUTE PILATES LEGS

16



HEAT IT UP MAT

17



ABS TO THE MAX

18



MAT BURST WITH CHRIS

19



CORE DYNAMICS

20



REFORMER ON MAT WITH JUAN

21



6 STEP CLASSICAL MAT - 5

22



INTENSITY LEGS WITH MARIANO

23



POWER MAT

24



BALANCE CHECK WORKOUT

25



REALIGN MAT

26



RHYTHM MAT WITH CARY

27



SWEAT & FLOW WITH JUAN

28



6 STEP CLASSICAL MAT - 6

29



CARDIO PILATES 6

30



FAVORITE MAT

2025 30-DAY CHALLENGE

ADVANCED

*Click on the image for the workout! Links will be live when program launches on January 1st

1



INT TO ADV SERIES - CLASS 1

2



INTENSITY MAT: CARDIO

3



STUDIO BURN: MAT

4



HIIP POWER FLOW

5



THREE-DIMENSIONAL LEGS

6



PILATES SNACK ATTACK

7



SHAPE SHIFT MAT

8



ESPRESSO MAT

9



INT TO ADV SERIES - CLASS 4

10



SLOW CORE POWER WITH SONJE

11



REVIVE & THRIVE MAT

12



ADVANCED MORNING MAT

13



VISION MAT

14



THE HIGH SCISSORS WORKOUT

15



KILLER ABS FULL WORKOUT

16



MIX & MATCH MAT

17



UNCLE JOE'S MAT

18



GLUTE POWER SCULPT

19



UNEXPECTED MAT

20



BLUEBIRD MAT

21



JUNGHEE'S DAILY MAT

22



BOSSY MAT

23



ATHLETE'S ROLLING MAT

24



RETURN TO LIFE MAT
(7 LANGUAGES)

25



MEN'S MAT WITH INELIA

26



SUPER ADVANCED MAT

27



MAT TO THE MAX

28



MIXED MAT

29



POWER SET MAT

30



THE ORIGINAL MAT

2025 30-DAY CHALLENGE

REFORMER

*Click on the image for the workout! Links will be live when program launches on January 1st

1



STRENGTH & LENGTH REFORMER

2



FLOW & GLOW REFORMER

3



8 STEP CLASSICAL REFORMER - 1

4



CORE POWER REFORMER

5



BRILLIANT BUTTOCKS REFORMER

6



STAMINA JUMP REFORMER

7



8 STEP CLASSICAL REFORMER - 2

8



DECOMPRESS YOUR SPINE 5

9



REFORMER GOALS 2 OF 3

10



SWEATY 20 REFORMER

11



INTENSITY REFORMER W SONJE

12



REFORMER BOOTCAMP
UPPER BODY

13



OLD SCHOOL REFORMER

14



8 STEP CLASSICAL REFORMER - 3

15



HAPPY KNEES REFORMER

16



DYNAMIC REFORMER

17



10 MINUTE STRENGTH & LENGTH

18



HEART OPENING REFORMER

19



TOTAL BODY BURN

20



REFORMER FLOW NO BOX

21



QUICK & CLEAN REFORMER

22



SKILLS & DRILLS REFORMER

23



REFORMER FOR APPRENTICES

24



INTERMEDIATE REFORMER BLAST

25



CORE LOVE REFORMER

26



HOT SPOT REFORMER

27



JUMPBOARD BOOTCAMP

28



CARDIO 2 SPRING REFORMER

29



RESULTS REFORMER W SONJE

30



NONSTOP INT REFORMER